## CLAIMS

1. A nutritional or pharmaceutical composition comprising one or more water containing components in which the water is releasably bound wherein one or more anhydrous compounds are mixed in the composition in an amount capable of sequestering any water which may be released from the one or more water containing components to provide a continuous desiccant effect under normal handling conditions.

2. A composition according to claim 1, wherein the one or more anhydrous compounds are selected from CaO and anhydrous or calcined $MgSO_4$.

3. A composition according to claim 2, wherein both CaO and anhydrous or calcined $MgSO_4$ are present.

4. A composition according to claims 2 or 3, wherein the CaO is present in an amount up to 10% by weight of the composition.

5. A composition according to claims 2 or 3, wherein anhydrous or calcined $MgSO_4$ is present in an amount up to 10% by weight of the composition.

6. A composition as claimed in any of the preceding claims, which further comprises an acid or a salt thereof and a carbonate and/or bicarbonate or a salt thereof.

7. A composition as claimed in any of the preceding claims, comprising calcium lactate.

8. A composition as claimed in any preceding claims further comprising

a sulphite.

9. A composition premix comprising an acid or salt thereof in admixture with an anhydrous compound which has a greater avidity for water than the acid or salt thereof.

10. The use of CaO and/or anhydrous or calcined $MgSO_4$ in the manufacture of a nutritional or pharmaceutical composition for the purpose of effectively removing/mopping up adventitious water.

11. A method of manufacturing a nutritional or pharmaceutical composition comprising one or more components which contain water which is releasably bound wherein the manufacturing steps are conducted in the absence of special low humidity conditions and one or more anhydrous compounds are intimately mixed in the product in an amount capable of sequestering any water which may be released from the water containing components to provide a continuous desiccant effect.